Daily Blessing of a Child

One of the following short blessings may be said by the parent at various times, such as when a child is going to play or to school, but especially when the child is going to bed each night. The parent makes the sign of the cross on the child's forehead or heart and says one of the following blessings.

May God bless you.

May God keep you safe.

God be with you.

God be in your heart.

May God bless and protect you.